

Spiritual Care Resources

Scriptures

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land.” – II Chronicles 7:14

“Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God’s love has been poured out into our hearts through the Holy Spirit, who has been given to us.” – Romans 5:3-5

“But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” – Isaiah 40:31

“Be strong and courageous. Do not be afraid or terrified, for the Lord your God goes with you; he will never leave you nor forsake you.” – Deuteronomy 31:6

“Everything is possible for one who believes.” – Mark 9:23

“Be careful, keep calm and don’t be afraid. Do not lose heart.” – Isaiah 7:4

“They will have no fear of bad news; their hearts are steadfast, trusting in the Lord.” – Psalm 112:7

“God is our refuge and strength, an ever-present help in trouble.” – Psalm 46:1

Cast all your anxiety on God because God cares for you.” – I Peter 5:7

Quotes

“Life is so unpredictable! None of us knows what our next moment may bring which is why flexibility is an essential life skill. Our work is not about you and me, but it is about helping those who answered the call to serve our great nation. It is no accident that we are here because helping is a Divine call.” – Byron Singleton

“At some time, often when we least expect it, we all have to face overwhelming challenges. When the unthinkable happens, the lighthouse is hope. Once we find it, we must cling to it with absolute determination. When we have hope, we discover powers within ourselves we may have never known - the power to make sacrifices, to endure, to heal, and to love. Once we choose hope, everything is possible.” - Christopher Reeve

“We’ll get through this. It won’t be painless. It won’t be quick. But God will use this mess for good. We won’t be foolish or naïve, but nor will we despair. With God’s help, we know, we will get through this.” – Max Lucado

“There are moments when troubles enter our lives and we can do nothing to avoid them. But they are there for a reason. Only when we have overcome them will we understand why they were there.” – Paul Coelho

“The truth is that our finest moments are most likely to occur when we are feeling deeply uncomfortable, unhappy or unfulfilled. For it is only in such moments, propelled by our discomfort that we are likely to step out of our ruts and start searching for different ways or truer answers.” – M. Scott Peck

“I have been driven many times to my knees by the overwhelming conviction that I had absolutely no other place to go.” – Abraham Lincoln

“Sometimes, it falls upon a generation to be great. You can be that great generation. Let your greatness blossom.” – Nelson Mandela

“I long to accomplish great and noble tasks, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker.” – Helen Keller

“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the things which you think you cannot do.” - Eleanor Roosevelt

Contact:

If you are a VA Employee in a VAMC and desire spiritual encouragement, guidance, or prayer, please contact your local VAMC Chaplain Service Office. If you are a VA Employee in a VISN Office or at VACO and desire spiritual encouragement, guidance, or prayer, please contact the National Director of VA Chaplaincy at Juliana.Lesher@va.gov.